Military OneSource

General Eligibility

- Active, Guard, and Reserve service members
- Immediate family members

Private and Confidential

Privacy protected

- Personal information is not:
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Duty to Warn

- Family maltreatment (spouse, children, elder abuse)
- Harm to self or others

Range of Support

What is the Healthy Habits Coaching Program?

- Life Health Assessment
- Unique Health Coaching Programs
  - iCanChange
  - iCanRelax
  - iCanThrive
  - iCanAchieve
- Access
  - Telephonic
  - Online

Life Health Assessment

- Global evaluation of one's health status
- Personalized health report and direction
- Proactive outreach by health coach available

dential and HIPAA

Health Coaching Program: iCanChange

- Weight management
- Personal health coach
- Supportive online content and physical tools
  - iCanChange kit with educational workbook
  - Health calculators
  - Weight Loss Toolkit
  - Health Library
  - *Healthier You* (Podcast)
  - *Managing Stress (*CD)
  - *Walking* (CD)
  - Personal home page for communicating with coach

Health Coaching Program: iCanRelax

- Stress management
- Personal health coach
- Supportive online content and physical tools
  - iCanRelax Kit with educational workbook
  - Podcasts and webinars
  - Health Library
  - *Managing Stress with Humor* CD
  - *Breathe* CD
  - *Chill Drills* Playaway
  - Personal home page for communicating with coach

Health Coaching Program: iCanThrive

- Cardiovascular health
- Personal health coach
- Supportive online content and physical tools
  - iCanThrive Kit with educational workbook
  - Health Calculators
  - Health Library
  - Podcasts and webinars
  - *Eating Healthfully: Tips to Make it Easier* article
  - *Building an Exercise Program* audio/video
  - *Walking* CD
  - Personal home page for communicating with coach

Health Coaching Program: iCanAchieve

- Teen/Adolescent weight management
- Telephonic health coaching
- Supportive online content and physical tools
  - Food diary
  - Articles and personal success stories
  - Educational information
  - Recipes to promote healthy eating
  - Personal home page for communicating with coach

Coaching – what is it?

- Coaching provides a tailored approach for participants to achieve lifestyle behavior changes
  - Participant driven, directed, and paced
  - Interactive
  - Supportive
  - Focus on self-reliance, empowerment, and confidence

Who are the health coaches?

- Interdisciplinary team of health professionals
- Over 50% of coaches have a master's degree, and many carry additional certifications
- Average 12 years experience
- Coaches are required to have clinical and behavior change expertise

What happens during health coaching sessions?

- Establish SMART goals

  Specific, Measurable, Attainable/Achievable, Realistic, Timely
- Assess progress
- Discuss barriers, triggers, strategies
- Evaluate the effectiveness of behavior-change strategies
- Revisit confidence and motivation
- Revise the plan as needed

Health Coaching is NOT…

- Counseling
- Judgmental
- Confrontational
- Argumentative

Why do participants work with coaches?

To gain:

- Control - Coaching prompts personal responsibility
- Energy - Coaching sparks motivation
- A positive attitude - Coaches can help explore physical and emotional health
- Support - Coaching helps navigate change
- Self-confidence - Coaching can help build self-efficiency
- Resilience - Coaches can teach strategies for bouncing back

Online-only coaching works best for individuals who…

- Have a high level of confidence and a support network in place
- Are looking for additional health resources
- Prefer to have virtual guidance and support
- Have minimal health risks

How online coaching works

Participants

- have web access to health and wellness resources
- guide their own experience with the online materials
- can contact their dedicated coach via a private discussion board

Coaching resources

- Educational articles including recommended reading based on user's goals
- Online trackers/progress logs
- Links to health and wellness resources for more information about relevant topics
- Private discussion board with dedicated coach

Contact your coach

Accessing the program

IMMEDIATE HELP 24/7

Contact a Consultant Now
1.800.342.9647
International calling options

National Suicide Prevention Lifeline
1.800.273.TALK (8255)

MORE COUNSELING OPTIONS:

- Face-to-Face Counseling
- Telephone Consultation
- Online Consultation
- Email a Consultant
- Financial Consultation

Share your success story with others on our facebook page.

Welcome » Home » Find Information » Category » Military OneSource Healthy Habits Coaching Program

Healthy Habits Coaching Programs

Sometimes, making changes isn't easy, but when you find your own motivation and take change one step at a time, it's more manageable. Our lifestyle programs can help you make the positive changes you want to – and stick with them!

Our Healthy Habits Coaching Programs consists of two separate, unique programs:

- Healthy Habits Coaching Program
- Life Health Assessment

These programs are independent of each other and enrollment into each program is optional.

Healthy Habits Coaching Program

The Healthy Habits Coaching Program has three areas of focus.

iCanChange uses a personalized, flexible, and supportive approach to help you reach your weight and health goals.

iCanThrive teaches you how to fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax more.

iCanRelax helps you become aware of stress and how it affects you, and gain skills for handling your reactions to stressful demands and changes.

The iCan Programs will help you understand your behaviors and help you make changes. The programs feature an optional telephonic or online personal health coach, a personal homepage with a tracker, interactive tools, and much more!

Use this link to **start or re-access** the Healthy Habits Coaching Program

Life Health Assessment

This assessment is a global evaluation of your physical health, behavioral health, and motivation to change. Answer a series of questions and get immediate feedback in a detailed personal report that helps you understand how to make changes.

Areas Assessed:

- Current health
- Nutrition
- Tobacco use
- Vehicle safety
- Physical activity
- Alcohol use
- Stress and depression
- Biometric measures (e.g. weight, height, blood pressure, cholesterol)

Use this link to **start or re-access** your Life Health Assessment

Health Coaching program overview and Life Health Assessment

Military OneSource.com 1-800-342-9647

Access

Toll-Free telephone:
1-800-342-9647

www.MilitaryOneSource.com

E-mail your questions to a consultant

Interaction with trained outreach professionals

You should expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced, caring people
- Up-to-date and useful information
- No cost
- A commitment to quality

Questions

www.militaryonesource.com 1-800-342-964